

# **THE CITY OF SEATTLE SUMMER FOOD SERVICE PROGRAM**



## **Lunch Menu: June - August, 2015**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>Friday</b>
June 22 <sup>nd</sup>	June 23 <sup>rd</sup>	June 24 <sup>th</sup>	June 25 <sup>th</sup>	June 26 <sup>th</sup>
<u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i>  Baby Carrots & Snap Peas Juice Orange Wedges Nonfat Chocolate Milk	<u>Turkey &amp; Swiss Sandwich</u> <i>roast turkey, Swiss cheese, whole wheat bun, lettuce leaf, mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes Sliced Wa. Apples 1% Milk	<u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll Nonfat Chocolate Milk	<u>Turkey Bologna Sandwich</u> <i>turkey bologna, American cheese whole wheat bun, mayonnaise &amp; mustard</i>  Baby Carrots & Snap Peas Pineapple 1% Milk	<u>Mini Bagel Munchable</u> <i>sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds</i>  Cherry Tomatoes & Jicama Sliced Wa. Apples Nonfat Chocolate Milk
June 29 <sup>th</sup>	June 30 <sup>th</sup>	July 1 <sup>st</sup>	July 2 <sup>nd</sup>	July 3 <sup>rd</sup>
<u>Picnic Munchable</u> <i>boneless hand-held chicken, barbecue sauce</i>  Fresh Broccoli Juicy Orange Wedges Whole Wheat Roll 1% Milk	<u>Turkey Pastrami Sliders</u> <i>turkey pastrami, cheddar cheese, whole wheat slider rolls, mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes Sliced Wa. Apples Nonfat Chocolate Milk	<u>Chicken Fiesta Salad</u> <i>Lettuce mix, chopped chicken, tomatoes, black beans, cheddar cheese, tortilla strips Ranch dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	<u>Turkey &amp; Cheese Hoagie</u> <i>roast turkey, American cheese whole wheat bun, mayonnaise &amp; mustard</i>  Baby Carrots & Broccoli 100% Fruit Juice Nonfat Chocolate Milk	Independence Day Holiday No Meals Today
July 6 <sup>th</sup>	July 7 <sup>th</sup>	July 8 <sup>th</sup>	July 9 <sup>th</sup>	July 10 <sup>th</sup>
<u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i>  Baby Carrots & Snap Peas Juicy Orange Wedges Nonfat Chocolate Milk	<u>Turkey &amp; Swiss Sandwich</u> <i>roast turkey, Swiss cheese, whole wheat bun, lettuce leaf, mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes Sliced Wa. Apples 1% Milk	<u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll Nonfat Chocolate Milk	<u>Ranch Chicken Wrap</u> <i>tender chicken, cheddar cheese, shredded cabbage &amp; lettuce, tortilla, ranch dressing</i>  Baby Carrots & Snap Peas Pineapple 1% Milk	<u>Mini Bagel Munchable</u> <i>sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds</i>  Cherry Tomatoes & Jicama Sliced Wa. Apples Nonfat Chocolate Milk



## Lunch MENU - June - August, 2015

	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>Friday</b>
<b>July 13<sup>th</sup></b>	<b>July 14<sup>th</sup></b>	<b>July 15<sup>th</sup></b>	<b>July 16<sup>th</sup></b>	<b>July 17<sup>th</sup></b>
<u>Picnic Munchable</u> <i>boneless chicken drummies,  barbecue sauce</i>  Fresh Broccoli Juicy Orange Wedges Whole Wheat Roll 1% Milk	<u>Turkey &amp; Cheese Hoagie</u> <i>roast turkey, American cheese  whole wheat bun, mayonnaise &amp;  mustard</i>  Cucumbers & Cherry Tomatoes Sliced Wa. Apples Nonfat Chocolate Milk	<u>Chicken Fiesta Salad</u> <i>Lettuce mix, chopped chicken,  tomatoes, black beans, cheddar  cheese, tortilla strips  Ranch dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	<u>Turkey Pastrami Sliders</u> <i>turkey pastrami, cheddar  cheese, whole wheat slider rolls,  mayonnaise &amp; mustard</i>  Baby Carrots & Broccoli Sliced Wa. Apples Nonfat Chocolate Milk	<u>Turkey Bologna Sandwich</u> <i>turkey bologna, American cheese  whole wheat bun, mayonnaise &amp;  mustard</i>  Cucumbers & Cherry Tomatoes 100% Fruit Juice Nonfat Chocolate Milk
<b>July 20<sup>th</sup></b>	<b>July 21<sup>st</sup></b>	<b>July 22<sup>nd</sup></b>	<b>July 23<sup>rd</sup></b>	<b>July 24<sup>th</sup></b>
<u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded  mozzarella &amp; cheddar cheese,  marinara sauce</i>  Baby Carrots & Snap Peas Juice Orange Wedges Nonfat Chocolate Milk	<u>Turkey &amp; Swiss Sandwich</u> <i>roast turkey, Swiss cheese,  whole wheat bun, lettuce leaf,  mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes Sliced Wa. Apples 1% Milk	<u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken,  tomatoes, parmesan cheese,  Caesar dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll Nonfat Chocolate Milk	<u>Ranch Chicken Wrap</u> <i>tender chicken,  cheddar cheese, shredded  cabbage &amp; lettuce, tortilla,  ranch dressing</i>  Baby Carrots & Snap Peas Pineapple 1% Milk	<u>Mini Bagel Munchable</u> <i>sliced whole wheat mini bagels  w/ cream cheese,  mozzarella string cheese, honey  roasted sunflower seeds</i>  Cherry Tomatoes & Jicama Sliced Wa. Apples Nonfat Chocolate Milk
<b>July 27<sup>th</sup></b>	<b>July 28<sup>th</sup></b>	<b>July 29<sup>th</sup></b>	<b>July 30<sup>th</sup></b>	<b>July 31<sup>st</sup></b>
<u>Picnic Munchable</u> <i>boneless chicken drummies,  barbecue sauce</i>  Fresh Broccoli Juicy Orange Wedges Whole Wheat Roll 1% Milk	<u>Turkey &amp; Cheese Hoagie</u> <i>roast turkey, American cheese  whole wheat bun, mayonnaise &amp;  mustard</i>  Cucumbers & Cherry Tomatoes Sliced Wa. Apples Nonfat Chocolate Milk	<u>Chicken Fiesta Salad</u> <i>Lettuce mix, chopped chicken,  tomatoes, black beans, cheddar  cheese, tortilla strips  Ranch dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	<u>Turkey Pastrami Sliders</u> <i>turkey pastrami, cheddar  cheese, whole wheat slider rolls,  mayonnaise &amp; mustard</i>  Baby Carrots & Broccoli Sliced Wa. Apples Nonfat Chocolate Milk	<u>Turkey Bologna Sandwich</u> <i>turkey bologna, American cheese  whole wheat bun, mayonnaise &amp;  mustard</i>  Cucumbers & Cherry Tomatoes 100% Fruit Juice Nonfat Chocolate Milk

## Lunch MENU June - August, 2015



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>Friday</b>
August 3 <sup>rd</sup>	August 4 <sup>th</sup>	August 5 <sup>th</sup>	August 6 <sup>th</sup>	August 7 <sup>th</sup>
<u><b>Cheese Pizza Munchable</b></u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i>  Baby Carrots & Snap Peas Juice Orange Wedges Nonfat Chocolate Milk	<u><b>Turkey &amp; Swiss Sandwich</b></u> <i>roast turkey, Swiss cheese, whole wheat bun, lettuce leaf, mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes Sliced Wa. Apples 1% Milk	<u><b>Chicken Caesar Salad</b></u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll Nonfat Chocolate Milk	<u><b>Ranch Chicken Wrap</b></u> <i>tender chicken, cheddar cheese, shredded cabbage &amp; lettuce, tortilla, ranch dressing</i>  Baby Carrots & Snap Peas Pineapple 1% Milk	<u><b>Mini Bagel Munchable</b></u> <i>sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds</i>  Cherry Tomatoes & Jicama Sliced Wa. Apples Nonfat Chocolate Milk
August 10 <sup>th</sup>	August 11 <sup>th</sup>	August 12 <sup>th</sup>	August 13 <sup>th</sup>	August 14 <sup>th</sup>
<u><b>Picnic Munchable</b></u> <i>boneless chicken drummies, barbecue sauce</i>  Fresh Broccoli Juicy Orange Wedges Whole Wheat Roll 1% Milk	<u><b>Turkey &amp; Cheese Hoagie</b></u> <i>roast turkey, American cheese whole wheat bun, mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes Sliced Wa. Apples Nonfat Chocolate Milk	<u><b>Chicken Fiesta Salad</b></u> <i>Lettuce mix, chopped chicken, tomatoes, black beans, cheddar cheese, tortilla strips Ranch dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll 1% Milk	<u><b>Turkey Pastrami Sliders</b></u> <i>turkey pastrami, cheddar cheese, whole wheat slider rolls, mayonnaise &amp; mustard</i>  Baby Carrots & Broccoli Sliced Wa. Apples Nonfat Chocolate Milk	<u><b>Turkey Bologna Sandwich</b></u> <i>turkey bologna, American cheese whole wheat bun, mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes 100% Fruit Juice Nonfat Chocolate Milk
August 17 <sup>th</sup>	August 18 <sup>th</sup>	August 19 <sup>th</sup>	August 20 <sup>st</sup>	August 21 <sup>st</sup>
<u><b>Cheese Pizza Munchable</b></u> <i>mini pita rounds, shredded mozzarella &amp; cheddar cheese, marinara sauce</i>  Baby Carrots & Snap Peas Juice Orange Wedges Nonfat Chocolate Milk	<u><b>Turkey &amp; Swiss Sandwich</b></u> <i>roast turkey, Swiss cheese, whole wheat bun, lettuce leaf, mayonnaise &amp; mustard</i>  Cucumbers & Cherry Tomatoes Sliced Wa. Apples 1% Milk	<u><b>Chicken Caesar Salad</b></u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i>  Seasonal Fresh Fruit Whole Wheat Roll Nonfat Chocolate Milk	<u><b>Ranch Chicken Wrap</b></u> <i>tender chicken, cheddar cheese, shredded cabbage &amp; lettuce, tortilla, ranch dressing</i>  Baby Carrots & Snap Peas Pineapple 1% Milk	<u><b>Mini Bagel Munchable</b></u> <i>sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds</i>  Cherry Tomatoes & Jicama Sliced Wa. Apples Nonfat Chocolate Milk